



Although the Pitons are the most famous, St. Lucia is home to many mountain peaks; part of its volcanic legacy

department play an important role in these programs, balancing the needs of today with hope for the future.

A Walk to Remember

Naturally, the forest reserves are a great environment for nature lovers too! There are many trails winding through rugged tropical interior, from easy walks to serious climbs. New hikers should start with the Barre de l'Isle trail, an easy walk that follows the ridge dividing St. Lucia into east and west.

The four lookout points along the trail are perfectly spaced to stop and catch a breath, only to have it taken away again by the stunning panoramic views. The Edmond Forest Reserve provides a much greater challenge, with equally great rewards. Lianas, orchids, and giant ferns abound in the heart of the tropical rainforest, and this 3.5 hour hike leads to the most spectacular view of Mt. Gimie, St. Lucia's highest peak.

Permits are required for most forested areas; however, they are generally available at the entrance to the trail.





So much to 'Sea'

The land is not the only place to experience St. Lucia's natural riches. After all, St. Lucia is surrounded by water: the warm Caribbean on one side, and the wild Atlantic on the other. The seas offer great rewards of their own, and the waters surrounding the island support healthy coral reefs. Hundreds of fish species

call the warm shallow waters off the island home. Snorkeling and scuba diving are popular activities, with many qualified dive shops in the area available for renting equipment. Grande Anse, on the eastern side of the island, has earned the reputation of "Turtle Haven" and it's not uncommon to see hawksbill turtles munching on sea sponges, their meal of choice.

Guided tours help visitors and turtles alike by keeping sensitive habitat protected while staking out the best spots to view these gentle creatures. Although, from a map, St. Lucia may appear to be no more than a small speck of an island in the vast Caribbean Sea, closer inspection reveals its truly rich and diverse nature. Every corner of the island is teeming with life and adventure.

Nature by Numbers

Highest Peaks:

- ^ Mt. Gimie, 3117 ft (390 m)
- ^ Gros Piton, 2619 ft (770 m)
- ^ Petit Piton, 2461 ft (743 m)

Number of Indigenous Birds:
27

Species of finfish:
168

Rainforest Coverage:
19 000 acres (77 km²)

Total hiking trails:
29 miles (47 km)

Annual Visitors to Sulphur Springs:
200 000

